



PALEO DIET SELECTIONS

Rat-a-Two-e: dried and smoked, served on a skewer, in pairs. Served with garlic mustard early Hollandaise, prepared with duck egg and bison butter.

Terra-Lactyl: ‘Milk of the Earth’. Ibex milk is infused with garlic mustard extract, chilled in glacial streams, yielding a kind of prehistoric savory milkshake. No doubt the inspiration for the inscription ‘got lac?’ seen on cave walls in the region.

Tea-Rex: a ceremonial drink made by boiling nettle leaves. And garlic mustard.

Boar Terrine: Wild boar filet pounded to a purée to which the liver is added, the pâté cooked in a covered crock and served on Einkorn toast-points with a garlic mustard and nettle-zest relish.

Toads-in-the-Holes: literally. Soup bowl-sized holes are carved into sandstone, into which toads are placed, one to a bowl, alongside hot coals wrapped in leaves. This is covered with the upper skull of a bison, and left to steam. Served with a wild pepper and garlic mustard *Romesco*.

Rindoceros: actually wild boar, a specimen chosen for any resemblance to the much larger Woolly Rhino, cooked in a stone-lined pit. Hot rocks are placed inside the pig’s chest cavity, along with an assortment of berries, wild onion, and garlic mustard. This is topped off with a few gallons of ‘Tree Blood’, a heady mead of wild honey and crushed cherries. The boar is wrapped in its own hide which has been previously soaked in brine, and contains the liquids. Serves 40.

Merry Marrow: roasted sections of thigh bones, preferably bison, cooked upright on hot stones, the marrow scooped out with bone spoons, served on a einkorn flatbread with field greens and garlic mustard and duck egg Aioli.

Dinersaur: not a food item at all, but likely a reference to the first paying customers. Some caves show evidence of regular visitation by guests who may have provided trade goods to individuals like Paleo,

and others, for foods prepared in exchange.

Fish Stick: The original dried fish. Large salmon were split, salted, dried in the sun, and kept to eat during the winter months when fresh fish were scarce. Considered to be the true origin of the cliché of a ‘caveman’ clubbing and dragging a mate by the hair, dismissed by anthropologists by the damage that such a stone weapon would certainly inflict. Evidence now suggests that the Fish Stick was used, in fact by both sexes in a playful mock battle, to woo and subdue prospective mates, and in hopes of conveying to a prospective couple the salmon’s fertility. The salt on the battered party was licked by the suitor, hence, ‘To lick your wounds’. The tasty batons were then steeped in warmed garlic-mustard infused Auroch milk and served by Mammoth-grease candlelight.

Tiger’s Egg: obviously not an egg, but an early type of haggis. A section of Sabre Tooth Tiger’s stomach is scalded, and soaked in cold salted water; this is stuffed with a mince of the heart and lung of an Ibex lamb, the tiger’s favorite prey. A dish considered to bring good fortune by honoring the tiger’s tastes in the afterlife; served with a tomato and garlic mustard gazpacho, memorializing the blood of both animals.

Gastrodon: Roasted Mammoth shank, basted with a garlic mustard, prune and suet reduction, paired with mammoth grilled Pleistocene shrimp, possibly marking the first known surf-and-turf. Served Au Jus over chunks of barleycorn flatbread.

Barney: little is known of the main ingredient, other than it was basted on an open fire with a thick, prune and garlic mustard glaze, and served only to children.

- D. Petraglia, *Dark Matter Journal*, Summer 2014

